

Kentucky Peaches



Season: July through September.

Nutrition Facts: Peaches contain many nutrients but are most important for fiber and vitamin A. They are low in calories; one 2½-inch peach has about 35 calories.

Selection: The many varieties come with yellow or white flesh. There are “free-stones” (flesh separates easily from pit) and “clingstones” (flesh clings to pit). Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled, or bruised.

Storage: Some peaches may need to be stored at room temperature to ripen. Fragrance is an indication of ripeness. Store ripe peaches in the refrigerator and use within 5 days. Handle gently.

Preparation: One pound of fresh peaches will equal about 3 to 4 medium-sized peaches, 2 cups sliced, or 1½ cups pulp or purée. Wash, peel, and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves, and are most delicious eaten fresh.

Fruit Salad Favorites:

- Peach halves topped with light cream cheese rolled in chopped nuts.
- Halved sweet green grapes or cherries in hollow of peach half.
- Peach halves with light salad dressing in hollow, topped with grated cheese.
- Fresh peach slices, green grapes, and peanuts.

Cinnamon Peach Crisp

6 cups peach slices (about 3 pounds)

1 cup oatmeal, uncooked

¼ cup firmly packed brown sugar

⅓ cup all-purpose flour

¼ cup margarine, melted

½ teaspoon cinnamon

¼ teaspoon nutmeg

Heat oven to 350°F. Place peaches in an 8-inch square baking dish. Combine remaining ingredients, mixing until crumbly. Sprinkle crumb mixture over peaches. Bake for 30 minutes or until peaches are tender and topping is golden brown. Serve with vanilla ice cream or low-fat frozen yogurt.

Yield: 8 ½-cup servings.

Nutritional Analysis: 170 calories, 2 g protein, 28 g carbohydrate, 6 g fat, 0 mg cholesterol, 80 mg sodium.

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Adapted from University of Kentucky, Kentucky Peaches (FSHE-13).

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For more information, contact your county's Extension agent for Family and Consumer Sciences or visit the Web site for Family and Consumer Sciences, College of Agriculture, University of Kentucky, at <www.ca.uky.edu/agcollege/fcs>.